CLAIMS

I claim:

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- 1. A hair treatment device comprising:
- a hair roller including a compressible roller body, a first notch and a second notch;
 - a base implement including a first end and a second end wherein both said first and second ends each include a cradle for receiving said notches; and,
- a support rod connecting said first end and said second end.
 - 2. The hair roller of Claim 1, wherein said roller body is made of a lightweight, heat insulating material.
- 15 3. The hair roller of Claim 1, wherein the inside of said roller body contains a supporting structure.
 - 4. The base implement of Claim 1, wherein said first end and said second end each include a cut-out shoulder.

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5. The base implement of Claim 1, wherein said support rod includes a support arm.

6. A base implement comprising:

a first end and a second end, wherein both said first and second ends each include a cradle; and,

a support rod connecting said first end and said second end.

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- 7. The base implement of Claim 6, wherein said first end and said second end each include a cut-out shoulder.
- 8. The base implement of Claim 6, wherein said support rod includes a support arm.
 - 9. A method of changing the appearance of one's hair comprising: wrapping a tress of hair around a compressible roller body of a hair roller, wherein said hair roller includes a first notch and a second notch;

resting a base implement on a wearer's scalp, wherein said base implement includes a first end and a second end wherein both first and second ends each include a first and second cradle, respectively;

engaging said hair roller and said base implement by inserting said first and second notch into said first and second cradle, respectively;

applying solutions to the hair; and, removing said tress of hair from said hair roller.

25 10. The method of Claim 9 wherein heat is applied to said tress of hair.

11. The method of Claim 10 wherein said solutions are removed from said hair.